






















STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, JUNE 2017

Maue Monday	Turei Tuesday	Wenerei Wednesday	Taite Thursday	Paraire Friday
			<p>1 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:00 Golf Afternoon (\$5.00) 1:30 Swim/Relax at Pioneer (\$3.00)</p>  <p>5:00 Dinner and Karaoke at Stanmore (\$4.50)</p>	<p>2 9:30 Tramp - Port Hills ramble (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing - Visit Creative Junk 1:00 Working Bee - afternoon tea provided 2:00 Christian Fellowship Group</p> 
<p>5</p> <p>Queens Birthday Step Ahead Closed</p> 	<p>6 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Curried Sausages - bring 2 sausages (\$1.00)</p> 	<p>7 10:15 Gym Group - bring towel (\$3.00) 10:30 Writers & Book Group - Visit Chertsey Book Barn. BYO lunch 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall 1:00 Craft - Flat Stone Craft (\$2.50)</p>  <p>5:00 Dinner at Sampan Restaurant (Meals from \$13.50)</p>	<p>8 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Shepherd's Pie, vegies & dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00)</p> 	<p>9 10:00 Open Craft 10:15 Gym Group - bring towel (\$3.00) 1:00 Sewing (\$2.50 for materials etc) 1:15 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>12 9:30 Women's Group - Day Trip to Ashburton - Visit Gallery, Museum, Op shops etc. BYO lunch 10:00 Coffee Morning - Crumpets & honey (\$1.50) 10:30 Open Craft 1:00 Walking Group</p> 	<p>13 10:00 Art with Selwyn (\$2.50) 11:00 20's & 30's Group - Lunch at Woodlands Restaurant (Meals from \$10) & free entry to see farmyard animals 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>14 9:00 Men's Group - Day Trip to Geraldine 10:15 Gym Group - bring towel (\$3.00) 10:30 News & Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Social Group - see newsletter for details 1:00 Ten Pin Bowling (\$5.00) 1:45 Badminton at Cowles Stadium (\$2.50)</p> 	<p>15 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$2.50) 1:00 Golf Afternoon (\$5.00) 1:30 Swim/Relax at Pioneer (\$3.00)</p>  <p>5:00 Dinner and DVD at Stanmore (\$4.50)</p>	<p>16 9:30 Tramp - Mt Grey (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$2.50 for materials etc) 1:00 Working Bee - afternoon tea provided 2:00 Christian Fellowship Group</p> 
<p>19 10:00 Coffee Morning - Spicy Fruit Muffins (\$1.50) 10:30 Open Craft 1:00 Women's Group - Visit Art Gallery & optional café visit. Bring \$\$ 1:00 Walking Group</p> 	<p>20 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Cooking for One - Superb Homemade Sausage Rolls - bring 250gms mince (\$1.00)</p> 	<p>21 10:15 Gym Group - bring towel (\$3.00) 10:30 Writers & Book Group - Read & discuss Jewish writers & poets 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:00 Table Tennis at West Hall 1:00 Craft - Trip to Birdlings Flat to collect Driftwood etc. Return by 4pm. 5:00 Dinner at Papanui Club (Meals from \$12.50)</p> 	<p>22 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Macaroni Cheese, vegies & dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$2.50) 1:30 Swim/Relax at Pioneer (\$3.00) 1:30 Guest Speaker - Pegasus Health. Tips for keeping well and how your GP can help</p> 	<p>23 10:00 Open Craft 10:15 Gym Group - bring towel (\$3.00) 1:00 Sewing (\$2.50 for materials etc) 1:15 Mountain Biking (\$2.50 bike hire) 2:00 Christian Fellowship Group</p> 
<p>26 10:00 Coffee Morning - Savouries (\$1.50) 10:30 Open Craft 12:30 Women's Group - Classic movie @ New Brighton. (\$2.00) Refreshments provided. 1:00 Walking Group</p> 	<p>27 10:00 Art with Selwyn (\$2.50) 1:00 Men's Group - Guest Speaker on Prostate Health 1:00 Swim/Aquajog at Pioneer (\$3.00) 1:00 Community Gardens 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board)</p> 	<p>28 10:15 Gym Group - bring towel (\$3.00) 10:30 News & Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Ten Pin Bowling (\$5.00) 1:15 Dietitian 1:45 Badminton at Cowles Stadium (\$2.50)</p>  <p>5:00 Dinner out at Racecourse Hotel (Meals from \$14.00)</p>	<p>29 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Bangers & mash, vegies & dessert (\$4.50) - Bookings by 10am 1:15 Member Staff Liaison meeting 2:00 Stone Carving (\$2.50) 2:00 Swim/Relax at Pioneer (\$3.00)</p> 	<p>30 9:00 Tramp - Craigieburn Ski Field Road and return via bush track (See Chris or Di for details) 10:00 Open Craft 12:00 Mid-Winter Lunch at The Garden Hotel Restaurant. Bookings by Friday 23rd June and payment in advance appreciated. (\$15.00) 1:30 Sewing (\$2.50 for materials etc) 2:00 Christian Fellowship Group</p> 